



# THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

## NEWSLETTER

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### PARKINSON'S DISEASE

Parkinson's Disease (PD) is on the rise. Research continues to be done to determine the best options for managing symptoms and the progression of this neurological disease. Medications are at the fore front of that process. However, more and more research is showing that exercise and movement are equivalent in importance for managing PD symptoms. Check out our blog this month which discusses Parkinson's Disease and Physical Therapy.

### AROUND THE CLINIC:

October is National Physical Therapy Month! We are celebrating this month by talking about how physical therapy is beneficial across the lifespan. Here is a list of some of the ways physical therapy can help in different stages of life:

Birth to adolescence:

- Developmental delays
- Genetic disorders
- Torticollis
- Sport injuries
- Post-operative care


Young and Middle Adults:

- Acute injuries
- Post-operative care
- Chronic pain
- Sports injuries

Older Adults

- Balance disorders and fall prevention
- Acute injuries
- Chronic injuries
- Post-operative care

Give us a call today and see how we can meet you where you are at and help you reach your goals at whatever stage of life you are in!

 (970) 241-5856



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# Spotlight Diagnosis of the Month

**Diagnosis:** Degenerative Disc Disease of the Cervical Spine

## What is it?

Degenerative disc disease is when the discs that are between the vertebra, which provide cushion and space for the nerve roots to come out of the spine, wear out over time due to gravity and pressure that we place on our skeletal systems that cause these discs to wear out. This is normal with the aging process but can be made worse by all the things we do. In the cervical spine things that can make the discs degenerate more rapidly can be consistent poor posture and heavy lifting, particularly overhead.

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

## Common Symptoms

- Neck pain, especially with certain movements
- Radiating pain into the arms, shoulders, or hands
- Numbness, tingling, or weakness in the arms or hands
- Stiffness in the neck
- Headaches

## How Physical Therapy Can Help:

Physical therapy can be helpful in treating degenerative disc disease in the cervical spine with posture training as well as strengthening. Posture is an important key in maintaining good alignment and allowing the remaining disc to support the spine. Physical therapy can guide you in the exercises to best support your spine. Physical therapy can also focus on manual techniques to loosen up the irritated muscles. Quite often the surrounding muscles that are designed to support the spine get irritated from the wear and tear. Physical therapy can help with trigger point therapy and gentle stretching to allow the muscles to relax and loosen up. Physical therapy may also focus on some nerve glide exercises to get the nerves freed from where they are being compressed. This treatment will assist in alleviating the numbness and tingling radiating into the arms. Finally, physical therapy can use something called traction, which is a spinal decompression treatment that allows a gentle stretch to the cervical spine to separate the vertebra and allow the discs and nerve roots some decompression. Another key with physical therapy is that it can also be beneficial in preventing further damage of the discs and can slow the degenerative process. Let us help you overcome your aches and pains and get back to doing what you love!

\*\*\*Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancelation fee.\*\*\*

